

Health Education Grade Expectations

Grades 3-4

Alcohol, Tobacco, and Other Drugs

This concept area focuses on essential content students need to know about alcohol, caffeine, inhalants, nicotine, over-the-counter and prescription medicines, and illegal drugs.

HE1: Self Management

Students will understand how to reduce their health risks through the practice of healthy behaviors by....

- a. Describing strategies to avoid exposure to second-hand smoke.
- b. Identifying rules for safe use of medicines at home and school.

HE2: Core Concepts

Students will show an understanding of health promotion and disease prevention concepts by....

- a. Describing the short and long-term effects of using tobacco and alcohol and being exposed to tobacco smoke.
- b. Describing the benefits of not using alcohol and tobacco and the problems associated with their use, including addiction.

HE3: Analyzing Influences

Students will show understanding of how culture, media, peers, family, and other factors influence healthy behaviors by....

- a. Analyzing how advertising and marketing attempts to influence initiation of alcohol, tobacco, and drug behaviors.
- b. Explaining how family and peers can influence choices about using alcohol and other drugs.

HE5: Interpersonal Communication

Students will demonstrate use of skillful communication to contribute to better health for themselves, their families, and the community by....

- a. Demonstrating appropriate communication skills, (e.g., verbal and nonverbal ways to refuse alcohol and tobacco).
- b. Demonstrating the ability to influence and support others in making positive health choices.

HE7: Decision Making

Students demonstrate the ability to make decisions that lead to better health by....

- a. Evaluating decisions and the impact on their health, (e.g., how decisions to use tobacco or alcohol can impact relationships with family and friends).

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Family, Social and Sexual Health

This concept area focuses on essential content students need to know about personal and family relationships, growth and development, sexuality education, including abstinence, and sexually transmitted infection, including HIV/AIDS.

HE1: Self Management

Students will understand how to reduce their health risks through the practice of healthy behaviors by....

- a. Describing how to be a responsible friend and family member.
- b. Demonstrating ways to show care consideration, and respect for self and others.

HE2: Core Concepts

Students will show an understanding of health promotion and disease prevention concepts by....

- a. Explaining the benefits of positive friendships and family relationships.
- b. Identifying ways family and friend help meet physical, emotional, and social health.
- c. Identifying basic male and female reproductive body parts and their functions.
- d. Describing physical and emotional changes that occur during puberty.

HE3: Analyzing Influences

Students will show understanding of how culture, media, peers, family, and other factors influence healthy behaviors by....

- a. Analyzing how friends, older students, family member and others influence behaviors.

HE4: Accessing Information

Students will demonstrate the ability to access valid information and/or resources about health issues, services and products by....

- a. Describing how to seek adult advice and help about personal health issues.

HE5: Interpersonal Communication

Students will demonstrate use of skillful communication to contribute to better health for themselves, their families, and the community by....

- a. Identifying communication skills to build and maintain healthy relationships.

HE7: Decision Making

Students demonstrate the ability to make decisions that lead to better health by....

- a. Applying the decision-making process to health issues and problems with friends or others.

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Mental and Emotional Health

This concept area focuses on essential content students need to know to handle emotions in positive ways, anger and conflict management, stress management, respect, and mental health issues, including depression and suicide.

HE1: Self Management

Students will understand how to reduce their health risks through the practice of healthy behaviors by....

- a. Identifying positive strategies to reduce stress and manage strong feelings.
- b. Demonstrating ways to show care, consideration and respect for self and others, including how to help others and acceptance of differences.

HE2: Core Concepts

Students will show an understanding of health promotion and disease prevention concepts by.....

- a. Identifying indicators or characteristics of mental and emotional health during childhood.
- b. Identifying stressors and the affects on how the body works.
- c. Identifying personal strengths and assets.
- d. Describing the characteristics of positive role models.
- e. Describing the effects of teasing and bullying on others.

HE3: Analyzing Influences

Students will show understanding of how culture, media, peers, family, and other factors influence healthy behaviors by....

- a. Analyzing ways that peers and family influence feelings, behavior and well-being.

HE4: Accessing Information

Students will demonstrate the ability to access valid information and/or resources about health issues, services and products by.....

- a. Identifying individuals who can provide support and help solve problems.

HE5: Interpersonal Communication

Students will demonstrate use of skillful communication to contribute to better health for themselves, their families, and the community by.....

- a. Using appropriate communication skills to express emotions and appreciation for self and others.
- b. Demonstrating the ability to use listening skills to support others and understand their feelings.
- c. Applying mediation and conflict resolution skills.

HE7: Decision Making

Students demonstrate the ability to make decisions that lead to better health by.....

- a. Demonstrating the ability to apply the decision-making process to health issues and problems.

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Nutrition and Physical Activity

This concept area focuses on essential content students need to know about nutrition and physical activity.

HE1: Self Management

Students will understand how to reduce their health risks through the practice of healthy behaviors by....

- a. Choosing a variety of healthy foods in appropriate portions.
- b. Identifying protective behaviors and strategies to avoid unhealthy situations, (e.g., preparing and storing food in a safe and sanitary way).
- c. Comparing behaviors that are safe to those that are risky or harmful, (e.g., the use of protective equipment for physical activity and sports).
- d. Identifying strategies for engaging in physical activity each day a minimum of 40 minutes.

HE2: Core Concepts

Students will show an understanding of health promotion and disease prevention concepts by....

- a. Identifying and classifying foods, including recommended amounts to eat according to MyPyramid.
- b. Identifying major nutrients supplied by food groups necessary for growth and maintenance.
- c. Describing strategies to improve or maintain personal health, (e.g., choosing a variety of ways to be physically active).
- d. Explaining the importance of a safe environment and the use of protective equipment for physical activity and sports.

HE3: Analyzing Influences

Students will show understanding of how culture, media, peers, family, and other factors influence healthy behaviors by....

- a. Analyzing how family, school and media influence eating habits and physical activity choices.

HE4: Accessing Information

Students will demonstrate the ability to access valid information and/or resources about health issues, services and products by....

- a. Using the nutrition information on food labels to compare products.

HE5: Interpersonal Communication

Students will demonstrate use of skillful communication to contribute to better health for themselves, their families, and the community by....

- a. Demonstrating how to ask for nutritious foods.

HE6: Goal Setting

Students will demonstrate the ability to set personal goals to enhance health by....

- a. Identifying factors and resources to assist in achieving a personal health goal, (e.g., being active before, during and after the school day).

HE7: Decision Making

Students demonstrate the ability to make decisions that lead to better health by....

- a. Demonstrating the ability to apply the decision-making process to health issues, (e.g., using information on food labels to make decisions about food, creating balanced meals using the MyPyramid).

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Personal Health and Wellness

This concept area focuses on essential content students need to know about personal hygiene, including dental care, and disease prevention

HE1: Self Management

Students will understand how to reduce their health risks through the practice of healthy behaviors by....

- a. Describing strategies to improve or maintain personal health and well-being, (e.g., daily hygiene practices, sun protection, dental health, sleep).

HE2: Core Concepts

Students will show an understanding of health promotion and disease prevention concepts by.....

- a. Explaining how childhood illness can be prevented and treated, including common health problems that should be detected and treated early.
- b. Describing the basic structure, functions and care of the human body systems, (e.g., how they are interrelated, how they fight disease).

HE4: Accessing Information

Students will demonstrate the ability to access valid information and/or resources about health issues, services and products by.....

- a. Identifying characteristics of valid health information and health-promoting products and services.
- b. Demonstrating ways to locate school and community that provide health services to individuals and families, (e.g., HMOs, clinics, substance abuse treatment centers).

Violence and Injury Prevention

This concept area focuses on essential content students need to know about fire and water safety; first aid prevention and care for injuries; pedestrian, bicycle, and vehicle safety; use of protective equipment, including seat belts; personal safety; and violence prevention, including bullying, hazing, and harassment.

HE1: Self Management

Students will understand how to reduce their health risks through the practice of healthy behaviors by....

- a. Identifying protective behaviors and strategies to avoid/manage unhealthy or dangerous situations (e.g., seat belts, protective equipment, adverse weather conditions, rules).
- b. Applying strategies to stay safe around traffic, water, fire, weapons or other safety hazards.
- c. Applying strategies to stay safe when home alone or using the internet.
- d. Demonstrating strategies to get away and get help in situations involving inappropriate touch or personal safety.
- e. Explaining what to do if you or someone else is being teased or bullied.
- f. Demonstrating how to call 911 or other emergency numbers and provide appropriate information.
- g. Demonstrating basic first aid procedures.

HE2: Core Concepts

Students will show an understanding of health promotion and disease prevention concepts by....

- a. Comparing behaviors that are safe to those that are risky or harmful, (e.g., bicycle and other sport activities, riding in vehicles, handling weapons, fire, appropriate/inappropriate touch).
- b. Describing characteristics of safe and unsafe places, including being home alone and using the internet.
- c. Explaining the difference between bullying and teasing.

HE3: Analyzing Influences

Students will show understanding of how culture, media, peers, family, and other factors influence healthy behaviors by....

- a. Analyzing how advertising and media influences the initiation of risky behaviors.

HE4: Accessing Information

Students will demonstrate the ability to access valid information and/or resources about health issues, services and products by....

- a. Identifying safe people and places to go if feeling unsafe or threatened (e.g., police, fire department, school counselor).
- b. Identifying characteristics of valid health information and services that promote health and safety.

HE5: Interpersonal Communication

Students will demonstrate use of skillful communication to contribute to better health for themselves, their families, and the community by....

- a. Using appropriate communication (e.g., refusal skills, asking for help, "I" messages) and listening skills to enhance health and safety for self and others.
- b. Demonstrate basic conflict resolution techniques.
- c. Using effective communication skills to confront bullying and teasing.
- d. Express intentions to stop bullying as a bystander, perpetrator, or victim.